

# ORDERS & DELIVERIES

DELIVERY DATE

Our full range of sandwiches, wraps, rolls and baguettes are presented on smart marble effect trays all cut up in to bite size pieces.

Either choose from our complete list or leave the selection to us by just giving us the number of people and the quantity per head. We will always include a vegetarian selection unless specified. So please call us on **636857**, go online to [www.mangetout.je](http://www.mangetout.je) and use our online order form, email us direct or email us this form to [orders@mangetout.je](mailto:orders@mangetout.je) or fax this form to 789646. Whichever way you prefer.



## YOUR ORDER

<b>Number of people</b>	
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**How many per person would you like? - (just tick)**

<b>Please tick</b>	<b>Just sandwiches</b>	<b>Just wraps</b>	<b>Just rolls</b>	<b>Just baguettes</b>	<b>Full selection</b>
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**What would you like?**

<b>A BAG OF FRUIT</b>	<b>85p per person</b> <b>No of people</b>
<b>A selection of apples &amp; bananas delivered in a bag.</b>	

<b>STRAWBERRIES &amp; GRAPES</b>	<b>£5.50 per tray</b> <b>(4 servings)</b>
<b>A selection of strawberries &amp; grapes delivered as a tray for 4 people</b>	

<b>Breakfast</b>	<b>How many?</b>
<b>Warm Danish £1.50</b> <small>some contains nuts*</small>	
<b>Mini Danish (2 srv) £1.50</b> <small>some contains nuts*</small>	
<b>Croissant 90p</b>	
<b>Pan Au Chocolat £1.00</b>	
<b>Bacon Roll £3.50</b>	

<b>1 round per person £3.80</b>	<b>1 1/2 rounds per person £5.70</b>
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<b>FRUIT POTS</b>	<b>£2.20 per person</b> <b>No of people</b>
<b>Mini individual fruit salads with a stick to eat them.....</b>	

<b>SALAD POTS</b>	<b>£2.20 per person</b> <b>No of people</b>
<b>Mini mixed green salad pots - 3 flavours</b>	
<b>Sweet Chilli Tuna</b>	
<b>BBQ Chicken</b> <small>contains nuts*</small>	
<b>Feta &amp; Seeds</b>	

<b>PINCHOS</b>	<b>£4.95 per person</b> <b>No of people</b>
<b>Similar to Spanish tappas. Lemon tuna, curry chicken, Parma ham &amp; melon, mozzarella &amp; sun blush tomato and feta and peppers</b>	
<b>11.45 am</b>	<b>12.00 pm</b>
<b>12.15 pm</b>	<b>12.30 pm</b>

**COMMENTS, INSTRUCTIONS, SPECIAL REQUESTS....**

SALADS	£	QTY	=
<b>BBQ Chicken</b> <small>with bean sprouts &amp; peanut chilli brittle contains nuts*</small>	4.25		
<b>Curry Chicken Noodle</b> <small>with mango chutney dressing contains nuts*</small>	4.25		
<b>Herb Chicken Superfood</b> <small>with Quinoa, feta, avocado, pine nuts, pomegranate &amp; a yoghurt dressing</small>	4.25		
<b>Mediterranean Tuna</b> <small>with Spelt Toast &amp; leaves</small>	4.25		
<b>Roast Squash &amp; Houmous Salad</b> <small>with toasted seeds</small> <span style="float:right">GF</span>	4.25		
<b>Squash, Beets &amp; Goats Cheese Salad</b> <small>with walnuts &amp; herb cheese dressing contains nuts*</small> <span style="float:right">V</span>	4.25		
<b>WHOLE FOOD BURRITO BOWL</b> <small>6 beans salad, kale slaw, brown rice with corn &amp; peppers, sesame roast peppers, sesame roasted green beans &amp; MT Dressing</small>		CHOOSE A TOPPER BELOW	
<b>BBQ Chicken</b>	4.95		
<b>Tuna</b>	4.95		
<b>Smoked Chicken</b>	4.95		
<b>Feta &amp; Roast Squash</b> <span style="float:right">V</span>	4.95		
<b>Smoked Mackerel</b>	4.95		
<b>Chicken Chop</b> <small>with avocado, bacon, peas, spring onion &amp; roast peppers with a lemon dressing</small> <span style="float:right">GF</span>	3.65		
<b>Chicken &amp; Chorizo Pesto Pasta</b> <small>with Parmesan shavings contains nuts*</small>	3.65		
<b>Satay Noodle</b> <small>with mange tout, soy beans &amp; peanuts contains nuts*</small> <span style="float:right">V</span>	3.65		
<b>Protein Pots</b> <small>Feta &amp; walnut, Egg or Tuna &amp; avocado</small>	2.95		
<b>Fruit salad</b>	2.95		
<b>Mini yogurt pot</b>	1.85		
<b>Sweet Bites</b>	1.70		
<b>Kettle crisps</b>	1.00		
<b>Walkers crisps</b>	90p		

## ORDER TOTAL

Email to [orders@mangetout.je](mailto:orders@mangetout.je) the day before delivery date. **MINIMUM £15 FOR DELIVERY IN TOWN & OUT OF TOWN BY ARRANGEMENT.**

OFFICE 636857 - IFC 5 491264 - NEW ST 729860 - SAND ST 769635 - CONWAY ST 789645

<b>NAME-</b>	<b>TEL-</b>	<b>COMPANY-</b>	<b>DATE:</b>